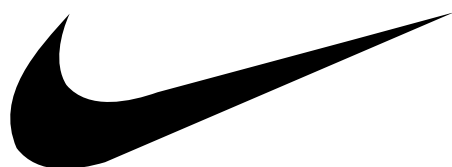


Palo Alto High School Presents

 **Stanford**
CROSS COUNTRY
INVITATIONAL

Saturday, September 24, 2005
Stanford University Golf Course



9:30 AM	J.V. Girls	Divisions 3, 4, 5
9:50 AM	J.V. Boys	Divisions 3, 4, 5
10:10 AM	Varsity Girls	Division 5
10:40 AM	Varsity Boys	Division 5
11:05 AM	Varsity Girls	Division 4
11:35 AM	Varsity Boys	Division 4
12:00 PM	Varsity Girls	Division 3
12:30 PM	Varsity Boys	Division 3
12:55 PM	J.V. Girls	Divisions 1 and 2
1:15 PM	J.V. Boys	Divisions 1 and 2
1:35 PM	Varsity Girls	Division 2
2:00 PM	Varsity Boys	Division 2
2:25 PM	Varsity Girls	Division 1
2:50 PM	Varsity Boys	Division 1
3:45 PM	College Races Begin	

**ENTRIES MUST BE COMPLETED ONLINE AT EZMEETS.COM
BY MONDAY, SEPTEMBER 12 AT 12:00 NOON**

ENTRY FEES MUST BE RECEIVED BY FRIDAY, SEPTEMBER 16

The logo features a stylized 'S' with a tree inside, followed by the text 'Stanford CROSS COUNTRY INVITATIONAL' in a serif font.

Stanford CROSS COUNTRY INVITATIONAL

Dear Coach,

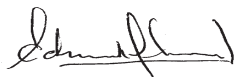
On behalf of Paul Jones of Palo Alto High School, we are pleased to invite you to the 32nd edition of the Palo Alto High School/Stanford University Cross Country Invitational to be held on Saturday, September 24, 2005. This meet will offer you and your team exciting competition on the Stanford Golf Course.

It is our goal to provide a fair and challenging opportunity to compete for as many athletes as possible. This meet has grown steadily in participation and we have received a large number of requests for information about this year's meet. Consequently, we have reached our saturation point for the number of athletes that we can safely manage in each race. This increase in the popularity of the meet has led to the following policies.

1. Please be mindful of the entry deadline of **MONDAY, SEPTEMBER 12 at 12:00 NOON**. We will hold to a strict interpretation of this deadline. *Several teams were not able to compete last year because we could not accommodate late entries in our field sizes. We will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this saturation point, meet management reserves the right to divide the division into two races - a seeded and unseeded race. The seeded race will include a maximum of 25 teams. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race.*
2. Separate junior varsity races have been created to balance the size of the fields in these competitions. In order to fit these races into our already limited time schedule, junior varsity races will run a 3000 meter course. Furthermore, schools will *not* be allowed to enter multiple junior varsity teams. We believe this policy will best provide the safest and most manageable competition for everyone.
3. As you know, the state of California has 5 divisions for high schools. The Stanford Cross Country Invitational will comply with those divisions. Please check directly with your local section of C.I.F. and read the information packet carefully to determine in which division to compete.
4. For each junior varsity race, we will present trophies to the top two teams and t-shirts to the first ten individuals. For each varsity race, we will present trophies to the top four teams, a special first place award to the individual winner, and t-shirts for 2nd-15th place. *Additionally, members of the winning team in each varsity race will receive an award recognizing their victory.*

We hope that you will find these policies to be positive and in the best interest of the athletes. The enclosed information packet will provide the details for this year's Invitational. Please read the packet completely and follow all instructions.

Sincerely,

A handwritten signature in black ink, appearing to read 'Edrick Floreal'.

Edrick Floreal
Director of Track and Field/Cross Country



Palo Alto High School/Stanford University Cross Country Invitational

Saturday, September 24, 2005

SCHEDULE OF EVENTS

9:30 AM	J.V. Girls	Divisions 3, 4, 5
9:50 AM	J.V. Boys	Divisions 3, 4, 5
10:10 AM	Varsity Girls	Division 5
10:40 AM	Varsity Boys	Division 5
11:05 AM	Varsity Girls	Division 4
11:35 AM	Varsity Boys	Division 4
12:00 PM	Varsity Girls	Division 3
12:30 PM	Varsity Boys	Division 3
12:55 PM	J.V. Girls	Divisions 1 and 2
1:15 PM	J.V. Boys	Divisions 1 and 2
1:35 PM	Varsity Girls	Division 2
2:00 PM	Varsity Boys	Division 2
2:25 PM	Varsity Girls	Division 1
2:50 PM	Varsity Boys	Division 1
3:50 PM	College Races Begin	

J.V. TEAMS will race 3000 Meters
VARSITY TEAMS will race 5000 meters

TEAM DIVISIONS

Divisions are based on the total number of sophomores, juniors and seniors at a school.

Division 1 (1400 or more)	Division 4 (350 - 899)
Division 2 (1100 - 1399)	Division 5 (1 - 349)
Division 3 (900 - 1099)	

Check with your principal if you have questions. If space is available, teams may run in larger enrollment divisions, but may not compete in lower ones. Note that it is the responsibility of the high school coaching staff, *not the meet management*, to enter your team correctly.

THE COURSE

THE ENTIRE COURSE WILL BE CLOSED UNTIL 9:00am on SATURDAY. No one will be permitted on the course prior to that. Please explain this policy to all of your athletes, coaches and parents. **The course will NOT BE OPEN FRIDAY for a course jog. Teams will be disqualified for ANY violation of this policy.**

The start and finish lines are located on the #2 fairway of the Stanford Golf Course. The starting line will allow 2 runners on the front line. Please warm-up in the #2 fairway area. Do not run on the exact course because there will be many races going on during the warm-up time. Important announcements will be made in the #2 Tee area. Please stay away from the stable and barn areas. Please instruct your athletes to NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, OR PETS will be allowed anywhere.

FIELD SIZE POLICY

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this limit, meet management reserves the right to divide the division into two races - a seeded and unseeded race. The seeded race will include a maximum of 25 teams. Teams for each race will be chosen based on rankings and results compiled from Dyestat and meet management. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race.

HOW TO ENTER

- All entries must be completed online at EZMeets.com by Monday, September 12 at 12:00pm. Entries will NOT be guaranteed for acceptance after this deadline.
- To complete the online entries you must first fax the enclosed Intent-To-Compete form to the Stanford Track & Field Office at (650) 725-0758. Schools that do not submit an Intent-To-Compete form will NOT be accepted into the meet. A password for the website will then be e-mailed to you.
- After receiving your password, please visit EZMeets.com between August 22 and September 12 to submit your entry roster. Follow the link for the Stanford Cross Country Invitational. Please follow all instructions on the site and always print an entry receipt at the end of your session.
- **It is NOT likely that we will be able to accept any late entries.** If a late entry is accepted, a \$40.00 late fee will be applied and your team may be placed in a different division.
- Entry fees are \$59.00 per team of 2-7 athletes entered. Enclose \$59.00 for EACH varsity and J.V. team entered. If you enter 1 athlete ONLY, then the entry fee is \$15.00
- Make checks payable to **Palo Alto High School.**
- Entry fees must be **RECEIVED** by **FRIDAY, SEPTEMBER 16.** Please use PRIORITY MAIL so that you will have a receipt for having sent the entry fees. Do NOT use certified mail.
- Up to 7 runners (AND NOT MORE THAN 7) may compete on a team with the top 5 scoring.
- Entries received by telephone, fax, or e-mail will **NOT** be accepted.
- Send entry fees by PRIORITY MAIL to arrive by September 17 to:

Meet Director
Cross Country Invitational
641 East Campus Drive
Stanford, CA 94305-6150

ENTRY FEES MUST BE RECEIVED BY FRIDAY, SEPTEMBER 16.

- A list of accepted entries will be posted to **gostanford.com** on September 16. Please check this website for entry confirmation and any last minute information.

IMPORTANT STEPS & DEADLINES TO REMEMBER

- Fax the Intent-To-Compete form to the Stanford Track & Field Office at (650) 725-0758 by Friday, September 2.
- Entries must be completed online at EZMeets.com by September 12 at 12:00 noon.
- Entry fees must be received in the Stanford office by September 16.

FIELD SIZE POLICY

In order to safely manage the number of athletes, we will cap the field size in each race to a maximum of 280 athletes. If any division reaches or exceeds this limit, meet management reserves the right to divide the division into two races - a seeded and unseeded race. The seeded race will include a maximum of 25 teams. Teams for each race will be chosen based on rankings and results compiled from Dyestat and meet management. Team results will be combined for divisions that are split into two races. Individual results will be provided for each race.

SCORING AND AWARDS

1. We will use Bob Rush Finish Systems for our computerized team scores.
2. You will create your teams on race day from any combination of runners listed on that entry form. List (print or type) those athletes which are likely to compete.
3. Each runner will receive a finish card in the chute. Coaches should take these cards and turn them into the scorer's table after you tally your scores. Do this immediately to avoid disqualification.
4. For each *J.V.* race, we will present trophies to the top two teams and t-shirts to the first ten individuals. For each *Varsity* race, we will present trophies to the top four teams, a special first place award to the individual winner, and t-shirts for 2nd through 15th place. Additionally, members of the winning team will receive a special award recognizing their victory.

HOTELS

Rooming blocks have been established at the *Ramada Inn Silicon Valley*, *Creekside Inn*, *Courtyard by Marriott* and the *Hotel Sofitel*. Please call immediately to make your hotel reservations. Reservations will be made on a first-come/first-serve basis. These three hotels will allow you quick and easy access to the Stanford Golf Course. To make your reservations, please contact the hotels directly and identify your association with the *Stanford Cross Country Invitational*.

Ramada Silicon Valley	(408) 245-5330	\$65.00
Meet Headquarters		
Creekside Inn	(650) 213-4252	\$99.00
1.5 miles from Stanford		
Courtyard by Marriott	(650) 941-9900	\$89.00
3 miles from Stanford		
Hotel Sofitel	(650) 508-7131	\$99.00
11 miles from Stanford		

RENTAL CARS AND VANS

For the most convenient service and competitive prices in the area please contact Debbie Kalman at **Enterprise Rent-A-Car** at (650) 528-3180 and refer to Customer #23G1177.

ADDITIONAL INFORMATION

- PACKETS:** Packets will be available beginning at 8:30am on race day at the course. They will include course maps, competition numbers, and instructions.
- TRAINERS:** Stanford athletic trainers will be in place one hour before the start of the first race.
- SHOWERS:** There are no dressing or shower facilities at the golf course. We encourage all teams to make use of the facilities available at their hotel.
- PARKING:** Please refer to the enclosed map for directions to the course and parking lot. Since teams will be arriving and departing throughout the day, *please be careful of people crossing the road and remind your athletes to be watchful of the traffic in that area.*
- QUESTIONS:** For information concerning the course and the time schedule, please call Paul Jones of Palo Alto High School at (650) 329-3961. If you have specific questions concerning entries ONLY, please contact the Stanford Office at (650) 723-2736.
- ADMISSION:** Spectators may purchase admission tickets on the day of the meet at the course.

PLEASE REMEMBER THE FOLLOWING

- The course will be closed until 9:00am on Saturday morning and will NOT be open on Friday. Teams will be **DISQUALIFIED** for violation of this policy.
- Entries must be **COMPLETED ONLINE** by Monday, September 12 at 12:00 NOON.
- Visit **gostanford.com** for entry confirmation and updated information on September 16.
- Entry fees must be received by Friday, September 16.

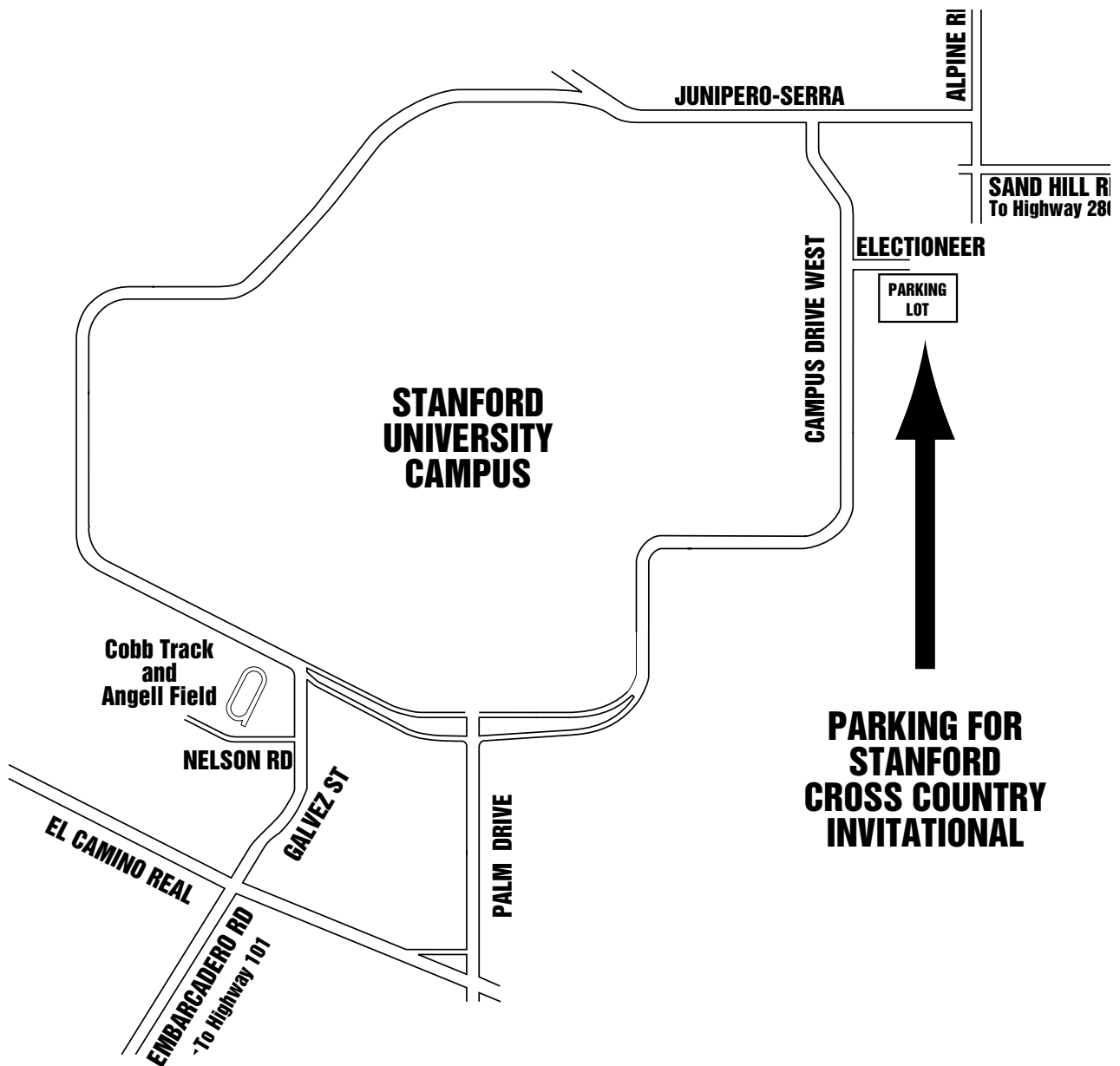
DIRECTIONS TO STANFORD GOLF COURSE

From Highway 101

1. Exit on Embarcadero Road West and follow the signs to Stanford University.
2. Cross El Camino Real (the street name will change to Galvez Street).
3. Turn right onto Campus Drive West.
4. Follow the signs to the parking lot.

From Highway 280

1. Exit on Sand Hill Road East and follow the signs to Stanford University.
2. Turn right onto Alpine Road.
3. Turn a quick left onto Junipero-Serra.
4. Turn left onto Campus Drive West.
5. Follow the signs to the parking lot.



Palo Alto and Gunn High Schools Present

 **Stanford**
TRACK & FIELD
INVITATIONAL

COBB TRACK AND ANGELL FIELD

FRIDAY & SATURDAY

MARCH 31-APRIL 1, 2006

We are pleased to announce that we have expanded our field sizes in every event for the Stanford Track & Field Invitational. Stop by Cobb Track and Angell Field to see our beautiful nine lane track, dual direction runways, and multiple throwing rings.

Athletes of all levels will find the degree of competition that best meets their needs. Last year our high school competition was fantastic. We enjoyed outstanding weather and many meet records. We had great awards and exciting events for all athletes in the jumps, throws and on the track.

Don't miss this great opportunity to get your athletes involved in a two day high school meet which permits them to see top flight collegiate and open competition immediately following their events.

Mark your calendars now for this exciting weekend of track & field at Stanford University.

Palo Alto High School Presents



Saturday, September 24, 2005
Stanford Golf Course

INTENT-TO-COMPETE FORM

FAX TO (650) 725-0758 ON OR BY SEPTEMBER 2, 2005

Team Name

Coach's Name

Office Phone

Home Phone

FAX Phone

E-mail

ALL CORRESPONDENCE AND UPDATES WILL TAKE PLACE VIA EMAIL.

PLEASE PRINT THE EMAIL ADDRESS TO WHICH ALL INFORMATION SHOULD BE SENT.

Street Address

City, State, Zip

PLEASE LEAVE THE FOLLOWING AREA BLANK.

Password

This form will enable us to confirm proper sanctioning from the National Office for teams outside of California. Non-California schools that have not notified the meet management of their intent to compete by September 2 cannot be guaranteed acceptance into the meet.

We will compete in the following races:

- | | |
|-------------------------------|--------------------------------|
| _____ Boys Varsity Division 1 | _____ Girls Varsity Division 1 |
| _____ Boys Varsity Division 2 | _____ Girls Varsity Division 2 |
| _____ Boys Varsity Division 3 | _____ Girls Varsity Division 3 |
| _____ Boys Varsity Division 4 | _____ Girls Varsity Division 4 |
| _____ Boys Varsity Division 5 | _____ Girls Varsity Division 5 |
| _____ Boys JV Divisions 1-2 | _____ Girls JV Divisions 1-2 |
| _____ Boys JV Divisions 3-4-5 | _____ Girls JV Divisions 3-4-5 |